



**BEFORE:**  
 Weight: 59.1kg  
 Body fat: 24.5%  
 BMI: 21.7  
 Bioage: 27 years

**AFTER:**  
 Weight: 57.3kg  
 Body fat: 24%  
 BMI: 21  
 Bioage: 26 years



**Can Grazia's Naomi Chadderton handle a five-day detox? Let's see...**

IT'S 8AM and I'm in the downward dog position looking out over the Arabian Sea. Rewind two weeks and I'm nursing the after-effects of the night before. Cause and effect? With work stress and too much partying taking its toll on everything from my skin to my waist-line, a five-day break away sounded like the perfect antidote. The only problem? Bread, cheese and Diet Coke (ie the three things I can't live without). So when I checked in to the Sanda Wellness Weight Management Retreat in Goa, I knew I wasn't in for an easy ride....

Just a three-hour flight from Dubai, The Beach House overlooks Sernabatim Beach in South Goa and the gorgeous surroundings (as well as my two-storey, two-bathroom private villa) made me feel instantly refreshed. The retreat started with a weigh-in and health check to determine my main concerns and areas that I need to work on, before we sat down to one of the evening's talks. Be warned, this isn't simply about analysing what we put in our stomachs – it's about what the team calls the 'three chakras' – our emotional, spiritual and physical health. I've never been a huge believer in talking about feelings and all that spiritual malarkey, but apparently if one of these chakras is out of balance, you're not going to get anywhere. So they fix it with hypnotherapy – the whole lying-on-a-bed, clicking-the-fingers and humming shebang. While I can't

say that what I released in that two-hour session changed me as a person, it's definitely good to get some stuff off your chest.

So what else? There are twice-daily fitness sessions (sunrise yoga on the beach is serene), ancient massage techniques and, wait for it, enemas. Yes, self-administered enemas are core to the programme. I know, I know, the idea is of them is somewhat gross but trust me, you can't deny the light, clean feeling you're left with afterwards.

The rest of the time consists of one-on-one sessions with nutritionists and doctors, which help get to the root of your food-phobias and diet beliefs. Don't worry, there's lots of time to relax, too. With a practically deserted beach on your doorstep, there's the opportunity to sunbathe, swim and enjoy the breathtaking tranquility that the Beach House offers. As for the food, think smoothies, vegetable juices, salads for lunch and broth for dinner. They throw in supplements, superfood and wheatgrass shots for good measure so, while you're unlikely to burst, you hardly feel hungry, either.

After five days I'd like to say that I didn't care if I'd lost weight as, overall, I

felt energised, refreshed and in a state of almost-euphoria. My skin has cleared up, my cravings are almost gone any my eyes are much brighter.

But I was there to slim down, after all, and with just five days on the retreat, I was overjoyed with my 2kg weight loss.

So did I carry it on when I got home? Well, a blender has replaced my toastie maker, a cup of green tea has replaced my PG Tips and my Kit-Kat break is now only a twice-weekly occurrence, but Diet Cokes and pizza are still a regular part of my life. I may be no angel, but it's baby steps, right?

*\*Naomi flew from Sharjah with Air Arabia (www.airarabia.com). Return fares start at Dhs1,336, all inclusive.*

*A five-day weight-management retreat costs Dhs7,329, single occupancy or Dhs5,921 pp for double occupancy. www.thebeachhousegoa.com*

**TOP TIPS...**

Your body's three Chakras need to be in equilibrium to reduce weight and promote health. Oils are just as important in hydrating your body as water – try

linseeds or flax seeds with breakfast. Your body needs to be in an alkaline state to eliminate toxins and help you lose weight. Pretty much everything from pasta to dairy is acidic, so you need to

limit these to 10% to 20% of your food intake. Coconut oil is a miracle product! Use it for everything, from cooking to applying to skin as a moisturiser for amazing health benefits.